

Two SWOSU Employees Organizing Walking for Wellness Program

06.07.2007

Two Southwestern Oklahoma State University employees are taking the lead in organizing a Walking for Wellness Program for the City of Weatherford.

Patti Harper, alumni and development officer for the SWOSU College of Pharmacy, and Dr. Vicki Hatton, chair of the Kinesiology Department, is working with the City of Weatherford and the Parks and Recreation Department to implement the program. A public informational meeting is scheduled this Wednesday, June 13, at 8 p.m. in Blair Hall at City Hall.

The walking program is an effort to encourage Weatherford residents, no matter what age or fitness level, to live a healthier life through fun and fitness, specifically through walking, according to Hatton. Walking is one of the easiest ways to increase physical activity and improve overall health.

Harper said the free walking program is for everybody—individuals, families, churches, schools and businesses.

At the upcoming meeting, Hatton and Harper will discuss preliminary goals and objectives of the walking program. Everyone is invited to the meeting.

Additional information is available by calling Harper at 580.774.3190 or Hatton at 580.774.3181.